

When we remember that it usually requires about six months before a case of scurvy reaches a phase where it can be recognized clinically, it is clear that the great majority of cases must be latent and inaccessible to diagnosis by clinical or laboratory methods. It is therefore more and more necessary that antiscorbutics should be added early to the diet of the bottle fed infant. Canned tomato (18) has recently been advocated and has the advantage over orange juice in that it is inexpensive and available at all times of the year. Cabbage, onions, and turnips are other sources of antiscorbutics.

Studies of rickets have convinced some investigators that this, too, is not a deficiency disease, since many cases have developed among breast fed infants. Rickets is perhaps the most common disease in children caused by a defective diet. In the larger cities, especially among the foreign population (19), rickets in infants is the rule rather than the exception. The lack of fat-soluble A in the diet has been regarded as the cause of this disease. Dogs (20) can be fed on a diet in which vegetable oils supply the fat, and scurvy readily develops. It is easy to prevent this by substituting butter fat for the vegetable oils. The inorganic salts, especially calcium and phosphorus, are regarded by other investigators as important etiological factors (21). A defective diet favors infections and this may be regarded as part of the diseased condition.

Pellagra, according to Goldberger (22), is caused by a diet, deficient in fat-soluble A, water-soluble B, a defective mineral supply, and perhaps inadequate supply of animal protein foods. Pellagra, although fairly common in the Southern States, is unusual in Canada. A few cases have been reported in the Asylum service.

McCollum (23) is satisfied that with the diets employed in Europe and America there is no such thing as a vitamine problem other than that of securing an adequate amount of the substance fat-soluble A. In planning a balanced diet there should be included the proper proportion of the essential constituents, fats, carbohydrates, proteins, inorganic salts, and vitamins or fat-soluble A and water-soluble B. Without these indispensable elements, the animal cell is unable to maintain its activities unimpaired or the adolescent subject to attain normal growth. Continued deprivation leads to disease and ultimately to cessation of life. The great war has taught us that appetite is by no means so safe a guide for the adequate selection of foods as has generally been supposed. The soldier brought with him to the mess an appetite trained in likes and dislikes, with local prejudices for or against certain articles of diet, and it was impossible to coax or coerce him in accepting a diet, which scientific studies deemed best for him.